

WHAT IS CLAIMED IS:

1. A cold storage monitor comprising:
 - a power supply;
 - a temperature gauge;
 - an audible alarm coupled to said power supply;
 - a visual alarm coupled to said power supply;
 - wherein said audible and visual alarms activate when said temperature gauge measures a predetermined temperature.
2. The monitor of claim 1, wherein the power supply is a battery.
3. The monitor of claim 2, further comprising a battery power indicator.
4. A freezer monitor comprising:
 - a battery;
 - a thermocouple;
 - an alarm;
 - circuitry programmed to monitor a temperature measured by the thermocouple and activate the alarm when the temperature reaches a predetermined threshold; and
 - a battery power indicator.
5. The monitor of claim 4, further comprising a thermistor.
6. A method of preventing food thawing comprising:
 - inserting a thermocouple into a cold storage device;
 - monitoring a temperature in the cold storage device with the thermocouple;
 - setting off an alarm when the temperature reaches a predetermined threshold.

7. The method of claim 6, further comprising monitoring a power supply coupled to the thermocouple and visually indicating a power level of the power supply.